

Number 97

February 2016

Hello everyone,

In this issue:

Dr Lam NZ Workshops July 2016
Training Sessions
Tuition Scholarships
From my Photo Album

please see the news below from our new Agent, Tamara Bennett.

Tai Chi Productions NZ

February Special: Our free postage on any order, anywhere last month was so popular we have decided to extend it for one more month. Please use code FEBFS when ordering. Offer expires 28 February. Not to be used with any other discount.

Visit <http://www.taichiproductionsnz.com/> to view the product range available

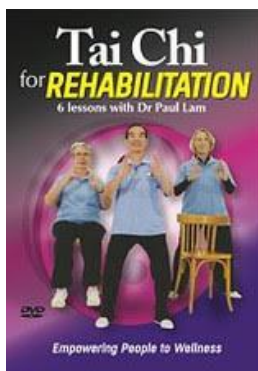
Contact: NZ Authorised Agent for Dr Paul Lam

Tamara Bennett on 021 255 1087 or email her at smilingdragon@outlook.com

NEW Payment Option: Over the Phone Master Card and Debit Card orders are now available. Email your order and delivery address to Tamara and she will phone you to finalise your payment.

Website Shopping Cart option will be available soon ... watch this space!

Dr Lam NZ Workshops ~ July 2016



@ Tauhara Retreat & Conference Centre in Taupo, NZ

<http://www.tauharacentre.org.nz/> ... check this place out!

Come and explore tai chi with Dr Lam in a beautiful serene setting with wonderful energy, catch up with tai chi friends and make new friends. This is a very special 3-day NZ residential retreat workshop with accommodation and vegetarian home cooked meals onsite. Spaces are limited and will book out fast ... register **NOW!!!** *First Paid - First Served basis

Fri 15th July 2016
Depths Yang 24 Forms Workshop
 (A rare workshop with Dr Lam)

Sat 16th & Sun 17th July 2016
Tai Chi for Rehabilitation Instructor Training Workshop NEW
 (with multiple updates)

For information and registration Contact: MT Tamara Bennett smilingdragon@outlook.com



TCHI (Tai Chi for Health Institute) NZ Master Trainer's and Senior Trainer's Workshop Schedules

For workshop **details** please contact the trainer directly

MT Chris Hattle	hattle@xtra.co.nz	06-356-4332	027-285-2002
MT Tamara Bennett	smilingdragon@outlook.com	09-235-8648	021-255-1087
ST Hazel Thompson	hazelthompsonstaiichi@gmail.com	03-980-6399	021-168-1763
ST Helga Meyer	helga.m@clear.net.nz	09-372-2210	027-302-3003

Instructor Training Workshops *(subject to change)*

*NOTE: 4FP = for Fall Prevention +Up = Updates TCA = Tai Chi for Arthritis

WHANGAREI	27-28 Feb 2016	Tai Chi for Arthritis 4FP + Updates	Contact: MT Tamara Bennett
New Plymouth	26-27 Mar 2016	Tai Chi for Health	Contact: MT Chris Hattle
HAMILTON	2 April 2016	TCA 2 + Fall Prevention	Contact: MT Tamara Bennett
QUEENSTOWN	16-18 April 2016	TCA 4FP +Up / Seated TCA	Contact: MT Tamara Bennett
AUCKLAND	4-6 June 2016	TCA 4FP + Up / Seated TCA	Contact: MT Tamara Bennett
TAURANGA	3-4 Sept 2016	Tai Chi for Health + Updates	Contact: MT Tamara Bennett
WANGANUI	10-11 Sept 2016	Tai Chi for Arthritis & multi updates	Contact: MT Chris Hattle
Christchurch	1-2 October 2016	Tai Chi for Health + Updates	Contact: MT Tamara Bennett
GREYMOUTH	17-18 Oct 2016	Tai Chi for Health + Updates	Contact: MT Chris Hattle
AUCKLAND	12-13 Nov 2016	Tai Chi for Health + Updates	Contact: MT Tamara Bennett
ROTORUA	Nov 2016	Tai Chi for Health	Contact: MT Chris Hattle
New Plymouth	Feb 2017	Tai Chi for Health	Contact: MT Chris Hattle
HAMILTON	4-5 March 2017	Tai Chi for Health + Updates	Contact: MT Tamara Bennett
WELLINGTON	Mar 2017	Tai Chi for Health	Contact: MT Chris Hattle

'SBW' Skill Building Workshops *(subject to change)*

New Plymouth	Feb / Mar 2016	Tai Chi for Health programmes	Contact: ST Helga Meyer
INVERCARGILL	February 2016	Tai Chi for Health programmes	Contact: MT Chris Hattle
WELLINGTON	March 2016	Tai Chi for Health programmes	Contact: MT Chris Hattle
QUEENSTOWN	19 April 2016	Sun Style 73 (10am-4pm)	Contact: MT Tamara Bennett
DUNEDIN	23 April 2016	Tai Chi for Health programmes	Contact: ST Helga Meyer
DANNEVIRKE	May 2016	Tai Chi for Health programmes	Contact: MT Chris Hattle
Palmerston North	June 2016	Tai Chi for Health programmes	Contact: MT Chris Hattle
New Plymouth	25 June 2016	Tai Chi for Health programmes	Contact: ST Helga Meyer
PUKEKOHE	3 July 2016	Yang 24 & TCR - Get Ready for Dr Lam	Contact: MT Tamara Bennett
AUCKLAND	10 Sept 2016	Yang 24 & Tai Chi for Health	Contact: ST Helga Meyer
HASTINGS	24 Sept 2016	Tai Chi for Health programmes	Contact: ST Helga Meyer
GOLDEN BAY	22 Oct 2016	Tai Chi for Health programmes	Contact: MT Chris Hattle
HAMILTON	5 Nov 2016	Tai Chi for Health programmes	Contact: ST Helga Meyer
NAPIER	Mar 2017	Tai Chi for Health programmes	Contact: MT Chris Hattle
GISBORNE	8 April 2017	Tai Chi for Health programmes	Contact: ST Helga Meyer

If you have a group of people who would like a **Tai Chi for Health Instructor Training** workshop in your area, please contact MT Chris Hattle or MT Tamara Bennett.

If you have a group of people who would like a **Tai Chi for Health Skill Building Workshop** in your area, please contact MT Chris Hattle, MT Tamara Bennett, ST Hazel Thompson or ST Helga Meyer.

***Master Trainers** and **Senior Trainers** are able to apply for travel funding assistance through **TCHC NZ Inc** to lead Workshops.



Tuition Scholarships ~ TCHC NZ Inc 2015-2016

TCHC NZ Inc Student Member ~ Instructor Training Workshop Tuition Scholarships (3)

- **Three (3) individual \$100 Student Member Tuition Scholarships** are available
- The TCHC NZ Inc Student Member applicant must have been a **member for six (6) months prior to the application.**

- Each scholarship will be awarded for the attendance to an NZ TCH Instructor Training Workshop led by NZ Master Trainer, during the 2015-2016 TCHC NZ Inc Society Year (1 September 2015 - 31 August 2016)
- Only one \$100 scholarship can be awarded for any one NZ workshop
- The applicant must also fulfil all criteria listed on the TCHC NZ Inc Scholarship information and application documents. Email the TCHC NZ Inc Secretary for these documents secretary@tchc.co.nz
- See the TCHC NZ Inc website for a list of NZ Master Trainer Instructor Training Workshops <http://www.taichiproductionsnz.com/workshops-index-2/workshops-1/>
- The **Application Close Date** is one **(1) month prior** to the scheduled Early Bird payment date for the workshop which the applicant is planning to attend.

TCHC NZ Inc Full Member ~

Tuition Scholarships to attend Dr Paul Lam's *Tai Chi for Rehabilitation Instructor Training Workshop* in Taupo on the 16-17 July 2016 (2)

- **Two (2) individual \$200 Full Member Tuition Scholarships** are available
- Scholarship(s) awarded to attend Dr Lam's TCR Instructor Training workshop in Taupo on 16-17 July 2016
- The TCHC NZ Inc Full Member applicant must have been a **Full Member for one (1) year prior to the application close date of 1 March 2016** (Full Member since 1 March 2015)
- The applicant must also fulfil all criteria listed on the TCHC NZ Inc Scholarship information and application documents. Email the TCHC NZ Inc Secretary for these documents secretary@tchc.co.nz
- For details about this workshop, email Master Trainer Tamara Bennett smilingdragon@outlook.com
- The **Application Close Date** is **1 March 2016**

WORKSHOP REPORTS

Report from Dr Lam's Sydney One Week Scholarship Recipient, Dianne Willis, Instructor, New Zealand

What a perfect 7 day retreat for Tai Chi and for Tai Chi for Health Instructor's Training workshop.

A heartfelt thank you, to Dr Paul Lam for his vision of the Tai Chi for Health program, and for having the courage to follow his dream – to encourage people worldwide to improve their health and well-being with Tai Chi.

To then write his two wonderful books - 'Teaching Tai Chi Effectively' which includes his Stepwise Teaching Method. This book is an essential guide for all Instructors' in the program. To be followed up by 'Born Strong' his personal story, which really impressed and amazed me to know that he had struggled through life in such a sad way through no fault of his own, and yet to grow to be such a sincere and humble man.

May we all nominate him for the Nobel prize for his life work in promoting worldwide, the wellness and well-being of mankind in his Tai Chi for Health programs.

On my return home to NZ - while I picked our blueberries for summer cooking/freezing, I reflected on the many benefits, I gained at the workshop:

- Beautiful, peaceful view of Sydney Harbour and surroundings, to study and practice
- Experienced and knowledgeable tai chi instructors in all forms
- Well organized program and classes for all levels of expertise
- Varied extra activities – including Qigong Shibashi with Marta Venegas, (which I loved) So peaceful and calming - thank you Marta!
- Encouragement always to do our best
- Humility – to see such beautiful tai chi demonstrations from Dr Paul Lam, Master Trainers and other participants
- Good selection of tai chi products for sale
- Friendship and comradeship
- Tai Chi for Health Institute Certificates, including the Scholarship and Updates.

Also, in watching the Tai Chi demonstrations and while talking to the other participants while in the dining room, I learned about the ‘diversity’ of the many forms of Tai Chi and came away with a strong desire, to explore these and gain more knowledge and expertise to help spread Tai Chi and the Tai Chi for Health program in NZ – to improve the health and well-being of my students, and to enjoy myself while doing so!

Thank you to Hazel Thompson for her tireless energy and exceptional organizational skills and the support freely given to Dr Lam, to make the 2016 workshop so enjoyable for all participants. Thanks also to her son Richard, the Assistant Manager, who cheerfully assisted with internet connections, luggage and general maintenance issues.

Special thanks to both Mark – our TCE Instructor, with his talents in the ‘spiral force’ and Jennifer Chung who is one of the most travelled and multilingual Master Trainers in the Tai Chi for Health program. Jennifer supported Mark and made sure we were updated in the theory of the Tai Chi for Health principles.

For the anonymous donors who supported the Tai Chi Scholarship program for 2016, of which I was a recipient – a massive big ‘hug’ and an appreciative “Thank you for the wonderful opportunity”.

Thank you especially to the Administrators’/Staff of Kincoppal – Rose Bay / School of the Sacred Heart, for the use of such a wonderful place to have our Tai Chi Workshop. God bless you. Thanks to William and Josh for the many delicious meals cooked to perfection. Accommodation was superb with comfortable beds, wardrobe and desk each.

Thank you girls for the ‘loan’ of your space – may you excel at your educational endeavours.

Regards to you all from New Zealand

FROM MY PHOTO ALBUM



Me with my son Richard (Assistant Workshop Manager) at the Sydney One Week Workshop at Kincoppel Rose Bay. His help was invaluable – particularly as I sprained my left wrist on the first day!!

Have a great Valentine's Day!

Hazel

